

For class XI and XII

Yog skill (841)

For class XI

Holiday Homework

Practical file Complete: Surya Namaskar, Pranayama, kriya (Neti Kriya), 2 Diseases (Hypertension and Obesity, Diet plans, Yogic Therapy)

For Class XII

Holiday Homework

Practical file Complete: Surya Namaskar, Pranayama, kriya (Neti Kriya), 2 Diseases (Hypertension and Obesity, Diet plans, Yogic Therapy)

PROJECT FILE : Disease wise file and on practical based